

## Positive Alternatives 2014 - 15 Quarterly Update

**Grantee: Tapestry Pregnancy and Family Resource Center**

**Goal: To provide necessary support and referrals to pregnant and parenting women in Minnesota**

**For the period: January 1, 2015 – March 31, 2015**

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	<b>Program Progress and Accomplishments</b> Report the progress and accomplishments made this period on each activity.	Report Count
<b>Car Seat Program</b>	Provide car seat education; distribute car seats	12	Car seats were distributed to all clients who participated in our prenatal program and delivered during Quarter 3. Since majority of our clients are low-income and without insurance, this program helps to relieve the financial burden of purchasing new equipment. See challenges.	6
<b>Case Management Services</b>	Provide on-going follow-up for clients testing positive for pregnancy and for single mothers who are in crisis and need support services	15	Program has been very successful. Initial meeting with a client can be overwhelming with so much info. The follow up allows us to reiterate programs and services available and set up appropriate appointments to help clients follow through on receiving services.	32
<b>Child Assistance</b>	Provide resources and referrals to help clients find child care	5	Child care resources continue to be a significant need for moms. Program helps to provide referrals that fit specific need of client.	9
<b>Crib Distribution/ Sleep Safety Education</b>	Provide Sleep Safe education; distribute cribs	12	Cribs and sleep safety were distributed to all clients who participated in our prenatal program and delivered during Quarter 3. Since majority of our clients are low-income and without insurance, this program helps relieve the financial burden of purchasing new equipment. See challenges.	8
<b>Education Assistance</b>	Provide education planning and resource referrals to assist clients with further education; provide computer workstations for client use in educational pursuits; coordinate and supervise volunteer mentors who provide GED tutoring	5	Many of our clients have not completed their high school diploma. Advocates are assisting client in signing up for GED classes and offering on-going support to encourage clients to follow through and complete the process.	6

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<b>Employment Assistance</b>	Provide career planning and resource referrals to assist clients with finding employment; provide computer workstations with computers for client use in employment searches	5	As clients begin to express interest in moving into full time employment and off of MFIB, advocates are available to help with resume writing, cover letters, mock interviews, online job search and applications.	8
<b>Financial Assistance</b>	Provide assistance in completing financial assistance and crib (pack n' play) applications	15	Clients who find themselves in a pregnancy related crisis and unable to afford rent meet with an advocate to prepare a financial assistance application for Cradle of Hope or Life Fund. In addition, advocates prepare crib applications to provide extra support and a safe place for baby to sleep through Cradle of Hope.	26
<b>Housing Assistance</b>	Provide resources and referrals to help clients find housing	10	Finding affordable housing options continues to be a serious challenge for our clients. Advocates work closely with clients and local property management companies to search out affordable lease options for clients. In addition, advocates may help clients find shelters or transitional housing options.	6
<b>Life-Skills Education Program</b>	Provide financial accountability/money management education; provide employment/career planning education and support	10	Clients who are interested in learning financial management tools and employment education can attend life-skill classes to work through applicable curriculum, learn from an instructor and participate in group discussions. See challenges.	0
<b>Material Support</b>	Provide material assistance such as diapers, maternity and baby clothes to pregnant and parenting women	60	Material support continues to be a significant need. Program numbers continue to rise.	219
<b>Mental Health</b>	Provide individual therapy sessions and facilitate support groups for pregnant and parenting mothers in crisis; provide referrals for mental health assessments or assistance with treatment programs; provide emotional health and healing workshop	15	Counseling program is flourishing as clients are able to work on deeper issues related to their current crisis situation. Both individual sessions and the support group continue to be a success.	25

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<b>Nutrition</b>	Provide health and nutrition education and cooking classes; provide prenatal vitamins	5	Finished Tapestry's newly revamped Health & Nutrition Class. New material is more applicable to clients currently on WIC and SNAP, helping them to eat healthy on a budget and move toward a place where WIC and SNAP is no longer needed.	35
<b>Parenting Education</b>	Provide parenting education; coordinate and supervise Volunteer Parenting Mentors	5	Parenting education continues to flourish and be a place where clients learn how to break unhealthy cycles of parenting, how to parent with love and logic, and how to teach children responsibility and high self worth.	76
<b>Pregnancy Education</b>	Provide pregnancy education and counseling; provide childbirth education	45	Prenatal program continues to grow. Much success with the prenatal health education as clients are very receptive and enjoy the opportunity to ask questions.	60
<b>Pregnancy Testing</b>	Provide pregnancy counseling, assessment for program eligibility and testing	30	Pregnancy testing and peer counseling continues to be a significant need in this community.	38
<b>Ultrasound</b>	Provide ultrasound and enroll in on-site prenatal care	15	Every positive pregnancy test client is transitioned into an ultrasound. This service continues to be an incredibly valuable tool in providing clients with an opportunity to bond with their baby.	17

<b>Maternal and Child Health Initiative Task Force Strategies</b>	No.
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	6
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	

<b>Maternal and Child Health Initiative Task Force Strategies</b>	No.
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	6
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	13

**Challenges:** Car Seat Program: Since not all pregnancy tests are positive and transitioned into our prenatal program, we have seen lower numbers in the need for car seats. Crib Distribution Program: Since not all pregnancy tests are positive and transitioned into our prenatal program we have seen lower numbers in the need for cribs. Housing Assistance Program: As a result of Twin Cities housing programs having very long waiting lists (2-5 years for low income), and most of our clients being considered low income, it has been difficult to connect them with housing resources. We continue to do our best to research and connect our clients to outside community resources that they qualify for. Life Skills Education Program: We offer our parenting and life-skill classes on a rotating basis. We did not offer financial or career courses in Q3 but will be offering both classes in Q4.

**Comments:**